



Link 7. Echinacea angustifolia and Commercial Usage

1805 - Meriweather Lewis sends Thomas Jefferson a specimen of *Echinacea angustifolia* root, claiming its use for rattlesnake bite.

1885 - *E. angustifolia* is introduced to the Eclectic pharmacist, John Uri Lloyd and Dr. John King as "Meyer's Blood Purifier."

1886 - J.U. Lloyd manufactures *E. angustifolia* root products such as tincture of Echinacea and Specific Medicine Echinacea.

1887 - The first commercial Echinacea product was introduced in the U.S. in 1887 and was touted for colds and infection. The first article on the medicinal properties of *E. angustifolia* root is published in The Eclectic Medical Journal. Advent of antibiotics and interest in Echinacea wanes.

1930s - Scientific research on *Echinacea* begins in Germany.

1950s-1970 - *Echinacea* use in the US declines, while vigorous research on *E. purpurea* aerial parts proceeds in Europe.

1970s - *Echinacea angustifolia* reintroduced by herbalist Michael Tierra and popularized by herbalists such as "Herbal" Ed Smith.

1988 - German researchers discover that *E. pallida* contains unique chemical constituents (ketoalkenynes) which distinguish it from both *E. angustifolia* and *E. purpurea*.

1993 - First clinical trial conducted with *E. pallida* reports reduction in symptoms in patients with upper respiratory infection.

1994 - *Echinacea angustifolia* products are first sold in the United States as a "Dietary Herbal Supplement."

2003 - *E. angustifolia* root is included in the Dietary Supplements section of the United States Pharmacopeia.

2004 - *E. pallida* root is included in the European Pharmacopoeia.

2008 - Ketoalkenynes, the characteristic constituents of *E. pallida* root, are shown to be potentially bioavailable.

Echinacea has been among the top-selling herbal supplements in the United States for many years. *Echinacea* was re-discovered in the late 1800s by European-Americans. It was made popular again in the 1980s by American herbalists.

Echinacea was once very popular in the U.S. between 1891 and 1923. But after the 1930s and the decline of the "eclectic" doctors, *Echinacea* was forgotten. Then in the 1970s, *Echinacea* was encountered by a California herbalist who made it popular once more. The popularity trending of *Echinacea* products reflects repeated rises and falls over time.

Doctors and herbalists debate the efficacy and use of *E. angustifolia*.

Modern practitioners use *Echinacea* to stimulate the immune system in acute infections such as colds and flu.

E. angustifolia root contains four major groups of compounds of medicinal interest: alkamides, caffeic acid derivatives, polysaccharides, and glycoproteins.

Research studies suggest that *Echinacea angustifolia* preparations promote phagocytosis and stimulate T-cells and have an anti-inflammatory effect.

The widespread use of *Echinacea angustifolia* suggests it has a high degree of safety as an herbal ingredient and medicine.

Only two clinical trials have been performed using *E. angustifolia* root alone. Most clinical trials used the more common *E. purpurea*.

The indications for use listed in the United States Pharmacopeia and National Formulary say: "supports the immune system."

Echinacea angustifolia is one of the most popular and most researched plants in the herbal product industry.

A Smithsonian Website details the Lewis and Clark Expedition and what Clark wrote about *Echinacea*:
http://www.mnh.si.edu/lewisandclark/resources/Echinacea_angustifolia.pdf

John Uri Lloyd, Eclectic Pharmacist who manufactured medicines from *Echinacea angustifolia*:
http://www.lloydlibrary.org/history/lloyd_brothers.html
<http://www.lloydlibrary.org/history/lloyd%20pharmacy.html>

What is an Eclectic Pharmacist anyhow?

http://www.christopherhobbs.com/website/library/articles/article_files/echinacea_01.html

Information on current usages of *Echinacea* can be found at:

<http://www.pitt.edu/~cjm6/w98echin.html>

http://www.mayoclinic.com/health/echinacea/NS_patient-echinacea